



May 1st, 2010

Morgan Hill Splash Aquatics Newsletter

Volume 1, Issue 1

Morgan Hill Splash Aquatics

Special points of interest:

- **About MHSA**
- **Swim Team practice dates and times**
- **Meet your Coaches**
- **Other Important Dates to Remember**
- **Splash Water Polo**

Welcome Swimmers!

The City of Morgan Hill is excited to offer you a new aquatics club called Morgan Hill Splash Aquatics!

With this new programming, we will offer a youth recreational swim team, water polo team, and coached masters program.

We have a very experienced and enthusiastic coaching staff to help teach, encourage, and lead our swimmers to be the best they can be! Our goal is to accomplish this while maintaining a healthy balance of fun and social development.

Within our club, we are committed to promoting family involvement and encourage relationship building within the family and community.

We look forward to you being a part of our team!



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Practice Dates and Times

May 3rd - June 4th		
Monday - Friday		
4:30p - 5:15p	8 and under	
5:00p - 6:00p	9 - 12 yr olds	
5:45p - 7:00p	13 + yrs	

June 7th - August 20th	
M & F - 7:15a - 8:30p:	13 + yrs
8:15a - 9:15a:	9 - 12 yrs
9a - 9:45a:	8 and under
T & Th - 4:15p - 5p:	8 and under
4:45p - 5:45p:	9 - 12 yr olds
5:30p - 6:45p:	13 + yrs
Wednesday - 7:30a - 8:30a (optional due to Long Course lanes)	
Saturday - Meets & optional Clinics	

Morgan Hill Aquatics Center, 16200 Condit Rd, Morgan Hill, (408) 782-2134

Meet Coach Ashleigh

Hello! My name is Ashleigh Laning and I am very excited about being a head coach for the new city recreation swim team, Morgan Hill Splash Aquatics! I have been involved with aquatics my whole life! I've swam on swim teams since I was a young child and also played water polo all through Live Oak High

School, West Valley Community College and San Jose State University. I have taught swim lessons for going on 17 years; 15 of that in Morgan Hill and one in New Zealand. Working with kids and aquatics are two of my biggest passions in life! I have a strong belief in teaching children the correct techniques from

the beginning while making it fun for them! I am a very hands-on teacher who loves to get in the water with the kids but has a bit of a tough love approach. I am really looking forward to building a team based on fun, family and fundamentals! I hope you come share my enthusiasm!

Meet Coach Lisa

Welcome Swimmers!

I am Coach Lisa and am very excited about being your Coach.

I'm currently an ASCA Level 2 swim coach and have been involved in competitive swimming for 12 years.

As a parent and volunteer for a USA swim club, I am very familiar with all

aspects of swimming. I have been coaching Masters swimming and teaching lessons part time for the past 6 years. I also teach Aqua Fitness at both the Centennial Recreation Center and the Aquatics Center. In my spare time, I enjoy attending my children's water polo games and swim meets.

I am very excited to be a part of Morgan Hill Splash Aquatics and believe we can create a competitive team and have fun in the process. Morgan Hill Aquatics will empower the youth in this community, and give them the building blocks to grow up healthy, caring, and responsible individuals!

Meet Coach Ammon

Hi Swimmers!

I'm Coach Ammon. I am always around the water and love it! I've grown up swimming and also playing water polo from when I was young through my high school years.

I helped start our team at Ann Sobrato high school my sophomore year. I ended my senior year with a winning championship season and as Team MVP with first team all league honors. I've worked for the City of Morgan Hill

for 3 years, teaching swim lessons, stroke refinement, and as a lead lifeguard. I also coached Sobrato JV water polo last year. I'm confident in the skills I can teach you and you'll always see me happy! I'm very excited to meet you!

*"Creating
Community
Through People,
Parks, and
Programs"*



Splash Water Polo



The Splash Water Polo Club will begin working out the beginning of May. The program is designed to teach youth the game of Water Polo in a safe and fun environment. This program runs in conjunction with the Splash Swim Team, so participants are encouraged to participate in the two weekly water polo practices as well as two to three swim team workouts per week. To participate in practices, youth should be comfortable in deep water and have some swimming skills. Youth ages 8 to 13 are eligible to play.

TIP OF THE MONTH

NEVER swim alone

No matter how confident of a swimmer you are, you should never swim alone. Always swim with a buddy or have a responsible adult watching you.



Other Important Dates to Remember

Swim Suit sizing - mid May

Meets - Saturdays in June and July

Family Night at the Aquatics Center - Saturday, June 19th, 6:30p - 9p

Team Pictures - mid July at the MHAC: Exact date TBD

Spaghetti Dinner - Friday, July 23rd, 6p - 8p, location TBD

Ice Cream Social - Monday, July 26th, 5:30p - 6:30p at the MHAC

Team Relay Challenge - Saturday, July 31st, 9a - 9p at the MHAC

Just for Fun Swim meet - Saturday, August 14th, 8a - 12p at the MHAC

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